

April 2026

Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 🍰	4
			10:00 Strength and Conditioning (FC) 11:00 Tai Chi (FC) 11:00 Outing: Dinos Alive Immersive Exhibition (ML) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 3:00 Bible Study w/ Pastor Les (3rd FL AR) 3:30 Spring Spritz Cocktail w Kelly (ML)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 5:00 Passover Seder	10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR) 3:00 Video- White Water Rafting (Ken Fox Hosting) (TH)	10:30 Tai Chi (FC) 1:00 Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 Rummikub (GR) 3:00 Church Online: Easter Service 7:00 Movie (TH)
5 🍰	6	7 🍰	8 🍰	9	10	11 🍰
9:00 Catholic Communion Service (TH) 10:30 Easter Brunch (BDR) 2:00 Sunday Bridge (GR) 4:30 Hilltop Women Meet! (GR)	10:00 Strength and Conditioning (FC) 11:15 Outing: Butterfly Pavillion (ML) 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC)	9:00 Boxing Fitness Class 9:30 Outing: Manitou Springs (ML) 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 11:45 Art Class- Purple Art Company 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 ACTIVE MINDS Lecture- Julius Caesar (TH) 3:00 PBS: Nature Series (TH)	10:00 Strength and Conditioning (FC) 11:00 Tai Chi (FC) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 2:00 Flower Arranging w Kelly 3:30 Berry Basil Smash Cocktail w Kelly (ML)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:00 Trip to COSTCO (sign up) (ML) 1:30 Come and Sing! (TH) 3:00 Men's Group Meeting	10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR) 3:00 Colorado Choir Video (TH)	10:30 Tai Chi (FC) 2:00 Rummikub (GR) 3:00 Concert in Lobby (ML) 7:00 Movie (TH)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14 🎂	15	16	17	18
9:00 Catholic Communion Service (TH) 10:30 Sunday Brunch (BDR) 2:00 Sunday Bridge (GR)	10:00 Strength and Conditioning (FC) 11:45 Make Protein Balls w Kelly 1:00 CANASTA (GR) 1:00 STORE OPEN 2:00 Balance (FC) 3:00 Active Minds - POETRY EXPLORATIONS (PDR) 6:45 Travels w Chris Wells (TH)	9:00 Boxing Fitness Class 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 1:00 STORE OPEN 1:30 Bridge Club (GR) 2:00 Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) 2:00 Health Lecture w Courtney (TH) 3:00 PBS: Nature Series (TH) 4:00 Dinner Outing: Colore Italian Restaurant (ML)	10:00 Strength and Conditioning (FC) 11:00 Tai Chi (FC) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 3:00 Bible Study w/ Pastor Les (3rd FL AR) 3:30 Watermelon Mint Margarita w Kelly (ML)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 11:30 Women's Tea Party (First Seating) 1:30 Come and Sing! (TH) 1:30 Women's Tea Party(Second seating)	10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR)	10:30 Tai Chi (FC) 1:00 Betsy Schwarm - Classical Music Lecture (1st FL TH) (TH) 2:00 Rummikub (GR) 7:00 Movie (TH)
19	20	21 🎂	22 🎂	23	24 🎂	25
9:00 Catholic Communion Service (TH) 10:30 Sunday Brunch (BDR) 11:00 Outing: Inventing Room Sugar Science (ML) 2:00 Sunday Bridge (GR) 4:00 Happy Hour w Live Music 5:00 Hilltop Women Meet! (GR)	10:00 Strength and Conditioning (FC) 10:30 Outing: Denver Botanic Gardens (ML) 1:00 CANASTA (GR) 1:00 STORE OPEN 1:30 ACTIVE MINDS Lecture (TH) 2:00 Balance (FC)	9:00 Boxing Fitness Class 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 11:45 Art Class- Purple Art Company 1:00 STORE OPEN 1:00 Art Lecture w Wendy Adler (TH) 1:30 Bridge Club (GR) 3:00 PBS: Nature Series (TH) 4:00 Dinner Outing: Golden Falafel (ML)	10:00 Strength and Conditioning (FC) 11:00 Tai Chi (FC) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 2:00 50 person Choir Concert! Don't miss this! (ML)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:00 Trip to TARGET (sign up) (ML) 1:30 Come and Sing! (TH) 3:00 Townhall (TH)	10:00 Strength and Conditioning (FC) 1:00 General Store is OPEN 1:00 Bingo w Martha (GR) 2:00 Balance (FC) 2:30 Shabbat Services (AR) (3rd FL AR)	10:30 Tai Chi (FC) 12:00 BUNCO Potluck (GR) 2:00 Rummikub (GR) 7:00 Movie (TH)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	Happy Birthday 🎂	
9:00 Catholic Communion Service (TH) 10:30 Sunday Brunch (BDR) 1:00 Outing: Denver Concert Band at Lone Tree Art Center (ML) 2:00 Sunday Bridge (GR)	10:00 Strength and Conditioning (FC) 10:30 Outing: Wash Park (Walk or Relax) (ML) 1:00 CANASTA (GR) 1:00 STORE OPEN 1:00 BOOKCLUB 2:00 Balance (FC) 3:00 BOOKCLUB	9:00 Boxing Fitness Class 9:00 Pancakes w Kelly 11:00 Water Aerobics 11:00 King Soopers Trip (ML) 1:00 STORE OPEN 1:30 Bridge Club (GR) 1:30 MONTH Birthday Party! (ML) 3:00 Ambassador Meeting 3:00 PBS: Nature Series (TH) 3:00 Concert: Michael Friedman Jazz Duo (ML)	10:00 Strength and Conditioning (FC) 11:00 Tai Chi (FC) 1:00 General Store is OPEN! 1:00 Meditation Class w Dottie (GR) 2:00 PBS- Colorado Experience: 2:00 Balance (FC) 3:00 Let's Learn Sign Language with Les Gwin (3rd FL AR) 4:00 Melon Lime Drop Cocktail w Kelly (ML)	9:00 Advanced Strength Class w Bret (FC) 10:00 Strength and Conditioning (FC) 10:30 Scrabble (GR) 10:30 Protein smoothies with Kelly 11:00 Water Aerobics (FC) 1:00 General Store is OPEN 1:30 Come and Sing! (TH) 7:00 Travel Night! (ML)	Apr 03 Mary Beck Apr 05 Jane Russell Apr 07 Susy Grazi Apr 08 Mary Zinn Apr 11 Virginia Reid	Apr 14 Kitty Ehret Apr 21 Carole Kreis Apr 22 Barbara Johnson Apr 24 William Porter

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